

# *Recipes*

RICH IN MILK



## BEVERAGES—Hot and Cold

|                           | Page |
|---------------------------|------|
| Banana Milk Shake.....    | 11   |
| Pineapple Flip.....       | 11   |
| Prune Nog.....            | 10   |
| Orange Bounty.....        | 12   |
| Spiced Milk.....          | 4    |
| Tomato Juice Cocktail.... | 4    |

## BREADS, CEREALS and SANDWICHES

|                             |    |
|-----------------------------|----|
| Bran Muffins.....           | 6  |
| Cereal Cooked in Pet Milk.. | 4  |
| Corn Meal Mush.....         | 4  |
| French Toast.....           | 12 |
| Jellied Cereal.....         | 4  |
| Oatmeal Bread.....          | 11 |
| Oatmeal de Luxe.....        | 4  |
| Peanut Butter Sandwiches..  | 10 |

## CAKES, FROSTING and COOKIES

|                                         |    |
|-----------------------------------------|----|
| Cinnamon Crisps.....                    | 9  |
| Plain Cake<br>(loaf, layer or cup)..... | 12 |
| Sponge Cake.....                        | 12 |
| Uncooked Frosting.....                  | 12 |

## CREAM SOUPS

|                                                     |   |
|-----------------------------------------------------|---|
| Basic White Sauce—for a<br>variety of cream soups.. | 5 |
| Cabbage and Potato Soup..                           | 5 |
| Cream of Tomato Soup....                            | 5 |
| Potato-Spinach Soup.....                            | 6 |

## DESSERTS—

### Frozen and Gelatin Puddings and Custards

|                                                                          | Page |
|--------------------------------------------------------------------------|------|
| Apricot Whip.....                                                        | 11   |
| Baked Cereal Custard.....                                                | 8    |
| Banana Ice Cream.....                                                    | 10   |
| Orange Custard.....                                                      | 9    |
| Orange Milk Sherbet.....                                                 | 10   |
| Pastel Cream.....                                                        | 10   |
| Prune Whip.....                                                          | 9    |
| Upside-Down Caramel<br>Custards.....                                     | 9    |
| Vanilla Ice Cream to be<br>frozen in ice cream freezer                   | 11   |
| Vanilla Ice Cream to be<br>frozen in automatic<br>refrigerator tray..... | 10   |

## HIGH CALORIC RECIPES

|                    |    |
|--------------------|----|
| Apricot Whip.....  | 13 |
| Cocoa.....         | 14 |
| Custard.....       | 14 |
| Custard Sauce..... | 13 |
| Egg Nog.....       | 13 |
| Pea Soup.....      | 14 |
| Prune Nog.....     | 13 |
| Spiced Milk.....   | 13 |
| Tomato Soup.....   | 13 |

## RECIPES USING SACCHARIN

|                          |    |
|--------------------------|----|
| Spiced Milk.....         | 4  |
| Whipped Pet Milk Topping | 11 |

## MEAT, FISH, CHEESE and EGGS

|                           | Page |
|---------------------------|------|
| Creamed Chicken or Veal.. | 7    |
| Creamed Eggs.....         | 6    |
| Creamed Liver.....        | 8    |
| Creamed Oysters.....      | 8    |
| Creamy Rarebit.....       | 5    |
| Ham with Brown Gravy...   | 7    |
| Meat Loaf.....            | 5    |
| Plain Omelet.....         | 7    |
| Salmon Loaf.....          | 8    |
| Scrambled Eggs.....       | 5    |

## SAUCES—HOT and COLD—For Meat and Vegetables—Sweet Sauces —Whipped and Plain

|                                                       |    |
|-------------------------------------------------------|----|
| Custard Sauce.....                                    | 7  |
| Pet Gravy.....                                        | 7  |
| Vanilla Sauce.....                                    | 9  |
| Whipped Pet Milk Topping                              | 11 |
| White Sauce, for creaming<br>vegetables, meat, etc... | 7  |

## VEGETABLES

|                         |   |
|-------------------------|---|
| Creamed Spinach.....    | 6 |
| Mashed Potatoes.....    | 6 |
| Pet Baked Potatoes..... | 6 |

You will have perfect results with the recipes in this book in any altitude up to 3,000 feet. A special group of recipes adjusted for altitudes above 3,000 feet will be sent on request. State altitude at which you live when writing for high altitude recipes. Address Pet Milk Company, 1453 Arcade Bldg., St Louis, Mo.

## HOW TO WHIP PET MILK

For perfect results every time { have Pet Milk icy cold  
                                                  { have bowl icy cold  
                                                  { have beater icy cold

Pour the exact quantity of Pet Milk to be whipped, as called for in a Pet Milk recipe:

- 1) into the tray of an automatic refrigerator and chill until ice crystals begin to form around the edges, then pour into a bowl that has been thoroughly chilled;
- or 2) pour the milk into a small bowl and set right on the ice, chilling until both bowl and milk are icy cold.

Whip the chilled milk vigorously until stiff (about 200 revolutions a minute) with a rotary egg beater that has also been chilled, or an electric beater at high speed. (Be sure to chill the paddles beforehand.) The best sized bowl to use is one that measures about 4 inches across the base. A thin bowl which will chill easily is best.



# *Milk-Rich Recipes*

WHICH HELP TO PUT INTO THE DIET THE MUCH NEEDED

## *"Quart of Milk Per Person—Per Day"*

Authorities on adequate nutrition are advising more emphatically than ever before that the daily diet of every child should include a quart of whole milk—that every adult should have at least a pint—that pregnant and nursing mothers should have a quart. To assist in getting those quantities consumed, the trained staff of the Pet Milk Experimental Kitchens has created and perfected these recipes which put an extra amount of whole milk into appetizing and delicious dishes.

Because Irradiated Pet Milk is more than twice as rich as ordinary milk in the important substances supplied by whole milk, making milk-rich food with it is easily accomplished.

In recipes where Pet Milk is used undiluted, the milk substances are increased more than 100%. In others, where, for example, a half a cup of water is added to a cup of Pet Milk, the milk solids are increased more than 50%. And even more significant are the recipes which put milk into dishes which usually are not made with milk. There's Pet Milk in the Oatmeal de Luxe—the Corn Meal Mush—the Tomato Juice Cocktail—to mention a few of the examples in this book.

### *Striking Illustrations*

The frozen desserts are still more strik-

ing examples of how more whole milk can be put in the diet by using Irradiated Pet Milk. Desserts such as the Vanilla Ice Cream have, in the past, required whipping cream—one like the Banana Ice Cream, regular cream—but these recipes both use undiluted Irradiated Pet Milk, whipped in the one, unwhipped in the other. These desserts have a delightfully rich flavor, remarkably smooth texture, and contain whole milk instead of cream.

### *Extra vitamin D*

When you use Pet Milk, you are, at the same time, including an extra supply of "sunshine" vitamin D—the vitamin which enables our bodies more efficiently to use the milk substances—the calcium and phosphorus—of which sound bones and teeth are built. All Pet Milk is irradiated with ultraviolet rays, thus increasing the vitamin D content.

### *At lower cost*

These extraordinary results can be accomplished without extra cost because Irradiated Pet Milk costs less generally than ordinary milk. Where it is used in place of whipping cream, the saving is even more striking because Pet Milk costs only from a fourth to a third as much as cream.



P5285



22502900545

W5428



## CEREAL COOKED in PET MILK

HEAT to boiling point in top of double boiler, directly over flame. { 1½ cups water  
1/8 teaspoon salt

Sprinkle in slowly so water does not stop boiling. . . . . { 4 tablespoons cereal (corn meal, oat meal, farina, cream of wheat, hominy grits, whole wheat)

Stir briskly to prevent burning and lumping and boil 5 minutes.

Then place top part in lower part containing boiling water, cover tightly and continue cooking ¾ hour, replenishing water in the lower part when necessary.

Add and cook 15 minutes longer. . . . { ½ cup Pet Milk

Strain through a fine sieve before serving if directed by your physician . . . Serves 3.

## CORN MEAL MUSH

HEAT to the boiling point. . . . { 2 cups Pet Milk diluted with  
2 cups water

Stir in slowly so that diluted milk does not stop boiling. . . . { 2/3 cup corn meal  
1½ teaspoons salt

Boil for 10 minutes, stirring constantly . . . Serves 6. Serve with Spiced Milk (See Below) if desired.

## SPICED MILK

Mix together. . . . { ¾ teaspoon cinnamon  
¾ teaspoon nutmeg  
3 tablespoons sugar  
¼ teaspoon salt

Stir into. . . . . { 4 cups Pet Milk diluted with  
2 cups water

Stir or shake until sugar is dissolved. Serve as a beverage or on cereals . . . Makes 6 large servings.

### For Hot Spiced Milk:

Heat sugar, spices and diluted milk together until thoroughly hot. Remove from heat and stir in 2 teaspoons vanilla. Serve at once.

### To make Spiced Milk with saccharin:

Crush 3 saccharin tablets (¼ grain) and combine with the spices in either of the above recipes, omitting the sugar. Mix as directed.

## OATMEAL de LUXE

HEAT to the boiling point in saucepan. . . . { 2 cups Pet Milk diluted with  
2 cups water  
1 teaspoon salt

Stir in so that mixture does not stop boiling. . . . . { 2 cups rolled oats

Add. . . . . { 1½ cups pared, chopped apples

Cook over low heat for 10 minutes, or until apples are tender, stirring constantly.

Stir in. . . . . { 1/3 cup light brown sugar, lightly packed  
1/2 teaspoon cinnamon

Serve at once with Spiced Milk (See Below) . . . Serves 6.

## JELLIED CEREAL

HEAT to the boiling point. . . . { 5 cups water  
2 teaspoons salt

Stir in slowly so that water does not stop boiling. . . . . { 1 cup whole wheat cereal

Cook for 15 minutes, stirring frequently.

Then add. . . . . { 2 ripe bananas, thinly sliced  
1 cup Pet Milk

Heat again to the boiling point. Remove from heat and pour immediately into 6 individual molds or custard cups which have been rinsed in cold water. Chill until firm. Unmold. Serve as breakfast cereal for all the family, or as a children's dessert . . . Serves 6.

## TOMATO JUICE COCKTAIL

CHILL. . . . . { 3 cups tomato juice

Stir slowly into. . . . { 1 cup chilled Pet Milk

Season with. . . . . { 1/2 teaspoon celery salt\*  
1 teaspoon salt  
few grains pepper

Mix thoroughly with. . . . . { cracked ice

Makes 6 servings.

\*Celery salt may be omitted if ordinary salt is increased to 1¼ teaspoons.



## CABBAGE and POTATO SOUP

**B**OIL together 20 minutes, or until tender in uncovered saucepan..

- $\frac{1}{4}$  cup finely cut onion
- 2 cups diced raw potatoes, *pared*
- 2 cups finely cut raw cabbage
- 3 cups boiling water
- 2 teaspoons salt
- $\frac{1}{4}$  teaspoon pepper

Add.....

- $1\frac{2}{3}$  cups Pet Milk (1 tall can)

Heat thoroughly and serve with toasted bread cubes ... Serves 6.

## CREAM of TOMATO SOUP

**M**ix together in saucepan....

- $10\frac{1}{2}$ -oz. can condensed tomato soup
- equal amount Pet Milk\*

Heat until thoroughly hot, but do not boil, stirring constantly.

Add.....  $\frac{1}{2}$  teaspoon salt

Serve at once ... Serves 4.

\*To measure milk, empty can of soup into saucepan, then fill can with Pet Milk.

NOTE: Do not add soda to Cream of Tomato Soup to prevent curdling. This soup will not curdle if the directions are followed carefully. Soda destroys the valuable vitamin C which is contained in the tomatoes.

## MEAT LOAF

Turn on oven and set at moderately slow (350° F.).

**M**ix together...

- $\frac{3}{4}$  pound twice-ground beef
- $\frac{3}{4}$  pound twice-ground pork
- 1 cup Pet Milk
- $\frac{1}{2}$  cup uncooked, rolled oats
- 4 tablespoons finely cut onion
- $1\frac{1}{2}$  teaspoons salt
- $\frac{1}{4}$  teaspoon pepper

When thoroughly mixed, dip hands in water and shape into an oblong loaf. Put in greased baking pan.

Put on top bits of...  $1\frac{1}{2}$  tablespoons butter or other shortening

Bake about  $1\frac{1}{4}$  hours, or until meat is brown. Baste occasionally with drippings in pan ... Serves 6.

## CREAMY RAREBIT

**P**UT in saucepan.  $2\frac{1}{2}$  cups grated cheese

Add.....

- 1 cup Pet Milk
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon Worcestershire sauce (optional)

Cook over boiling water until cheese is melted and mixture is smooth and creamy, stirring constantly. Serve on toast ... Serves 4.

## BASIC WHITE SAUCE

for making a variety of vegetable cream soups

**C**OOK together in deep saucepan for 5 minutes.

- 2 tablespoons finely cut onion in
- $1\frac{1}{2}$  tablespoons butter or other shortening

Blend in.....

- 2 tablespoons flour
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

Stir in slowly.....

- $1\frac{1}{2}$  cups liquid off vegetable, meat broth or water

Boil slowly for 2 minutes, stirring constantly.

Stir in.....

- $1\frac{1}{2}$  cups Pet Milk
- 1 cup cooked or canned vegetable puree (see note)

Heat thoroughly and serve at once. Serves 6.

NOTE: Such vegetables as peas, green beans, asparagus, lima beans, celery, carrots, cauliflower, potatoes, whole kernel corn, cabbage, onions and spinach, which have been rubbed through a sieve may be used. Cream style corn may be used just as it comes from the can. Cooked or canned mushrooms, finely cut, may also be substituted for the vegetable puree. Use mushroom liquid to dilute Pet Milk instead of vegetable liquid, meat broth, or water.

## SCRAMBLED EGGS

**M**ELT in skillet.

- 2 tablespoons butter or other shortening

Add a mixture of...

- 9 well-beaten eggs
- 6 tablespoons Pet Milk diluted with
- 3 tablespoons water
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper

Cook slowly, stirring constantly, for about 3 minutes, or until eggs are creamy. Serve at once ... Serves 6.



## POTATO-SPINACH SOUP

**C**OOK for 3 minutes, or until lightly browned..... {  $\frac{1}{2}$  cup finely cut onion in  $1\frac{1}{2}$  tablespoons hot shortening\*

Add..... { 4 cups water  
4 cups diced, pared potatoes (about 6 medium-sized)  
 $2\frac{1}{2}$  teaspoons salt  
 $\frac{1}{8}$  teaspoon pepper

Boil for 20 minutes.

Add..... {  $\frac{1}{2}$  pound spinach, finely chopped (about 3 cups)

Cook 10 minutes longer, or until spinach is tender.

Stir in..... { 2 cups Pet Milk

Heat thoroughly and serve at once... Serves 6.

\*Butter, chicken or bacon fat may be used.

## CREAMED SPINACH

**W**ASH thoroughly..... { 3 pounds fresh spinach

Cook in water that clings to the leaves for 8 minutes, or until tender. Do not cover. Drain and chop.

Return to saucepan and add..... { 2 tablespoons butter  
 $\frac{3}{4}$  cup Pet Milk  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper

Heat thoroughly and serve at once... Serves 6.

## PET BAKED POTATOES

Turn on oven and set at hot (425° F.).

**W**ASH and grease..... { 6 large potatoes

Bake 45 minutes, or until soft to the touch. With a small knife cut a cross in top of each potato.

Press sides gently to fluff up the potato inside.

Mix together..... {  $\frac{1}{2}$  cup Pet Milk  
 $1\frac{1}{4}$  teaspoons salt

Pour an equal portion of milk mixture into center of each potato.

Put in shallow pan and return to oven and bake 10 minutes longer, or until tops are lightly browned.

Serve at once with equal portions of... { 1 tablespoon butter  
Serves 6.

## BRAN MUFFINS

Turn on oven and set at moderately hot (400° F.). Grease 12 muffin tins measuring 2 inches across.

**S**IFT before measuring..... {  $\frac{3}{4}$  cup all-purpose flour

Resift with..... { 6 tablespoons sugar  
 $4\frac{1}{2}$  teaspoons baking powder

Mix in..... {  $\frac{1}{3}$  teaspoon salt  
 $\frac{3}{4}$  cup bran

Mix together..... {  $\frac{3}{4}$  cup Pet Milk  
1 well-beaten egg  
 $\frac{1}{4}$  cup melted shortening

Stir into dry ingredients rapidly, but thoroughly. Do not beat until smooth. Fill prepared muffin tins  $\frac{2}{3}$  full. Bake on oven shelf slightly above center 20 minutes, or until firm to the touch... Makes 12 muffins.

You will have perfect results with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, see inside front cover.

## MASHED POTATOES

**P**ARE and quarter { 6 medium-sized potatoes (2 $\frac{1}{4}$  lbs.)

Cover and boil about 20 minutes, or until tender in... { 3 cups boiling water

Drain and save  $\frac{1}{4}$  cup potato water. Keep hot. Mash potatoes thoroughly.

Add potato water and..... {  $\frac{3}{4}$  cup hot Pet Milk  
 $1\frac{1}{2}$  teaspoons salt  
 $\frac{1}{8}$  teaspoon pepper

Beat until light and fluffy. Serve at once... Serves 6.

## CREAMED EGGS

**M**ELT in saucepan..... { 1 tablespoon butter

Blend in..... { 2 tablespoons flour  
few grains salt

Stir in slowly..... {  $\frac{1}{2}$  cup liquid off cooked or canned vegetable or meat stock

Boil 2 minutes, stirring constantly.

Stir in..... {  $\frac{1}{2}$  cup Pet Milk

Add..... { 2 hard-cooked eggs, chopped

Heat thoroughly. Serve on buttered, thin slices of dry toast... Serves 2.



for creaming vegetables

|                     |   |                               |
|---------------------|---|-------------------------------|
| MELT in sauce-      | { | 1½ tablespoons                |
| pan.....            |   | butter or other<br>shortening |
| Blend in.....       | { | 3 tablespoons flour           |
|                     |   | ¾ teaspoon salt               |
|                     |   | ⅛ teaspoon pepper             |
| Stir in slowly..... | { | ¾ cup liquid off              |
|                     |   | vegetable                     |

Boil 2 minutes, stirring constantly.

Stir in . . . . . {  $\frac{3}{4}$  cup Pet Milk

Add..... } 3 cups cooked or  
canned vegetable★

Heat thoroughly and serve at once... Serves 6.

\*Broccoli, peas, corn, lima beans, wax or green beans, carrots, Brussels sprouts, kohlrabi, asparagus, celery cabbage or cauliflower may be used.

## PET GRAVY

M<sub>ELT</sub>..... { 3 tablespoons fat or  
meat drippings

Blend in.....  $\left\{ \begin{array}{l} 3 \text{ tablespoons flour} \\ 3/4 \text{ teaspoon salt} \\ 1/8 \text{ teaspoon pepper} \end{array} \right.$

Stir until brown.

Then stir in slowly  $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup meat stock or} \\ \text{vegetable liquid} \end{array} \right.$

Boil 2 minutes, stirring constantly.

Add..... {  $\frac{3}{4}$  cup Pet Milk

Heat thoroughly, but do not boil. Serve at once . . . Serves 6.

## CREAMED CHICKEN or VEAL

MELT in sauce-pan . . . . . { 2 tablespoons butter

Blend in . . . . .  $\left\{ \begin{array}{l} 3 \text{ tablespoons flour} \\ \frac{1}{2} \text{ teaspoon salt} \\ \frac{1}{8} \text{ teaspoon pepper} \end{array} \right.$

Stir in slowly.....  $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup chicken or} \\ \text{veal stock} \end{array} \right.$

Boil 2 minutes, stirring constantly.

Stir in..... {  $\frac{3}{4}$  cup Pet Milk

Add..... } 2¼ cups diced,  
                              cooked chicken  
                              or veal

Heat thoroughly. Serve on buttered, thin slices of dry toast... Serves 6.

## PLAIN OMELET

BEAT until lemon-colored . . . . . { 6 egg yolks

Add..... { 6tablespoons Pet Milk  
1½ teaspoon salt  
few grains pepper

Fold in . . . . . { 6 stiffly beaten egg whites

Pour into hot, buttered frying pan and spread evenly. Cook over low heat until bottom is golden brown. Then bake in moderately slow oven (350° F.) 10 minutes, or until top is dry and firm. Loosen from pan with broad knife and turn out. Serve at once . . . *Makes 6 large servings.*

## HAM *with* BROWN GRAVY

BROWN on both sides in hot skillet. . . . . { 2 slices smoked ham (about 1/2-inch thick)

Sprinkle with . . . . . **2 tablespoons brown sugar**

Continue cooking for 5 minutes. Remove ham to hot platter.

Blend in . . . . . { 1 tablespoon flour

Stir in gradually . . . { 1½ cups Pet Milk  
diluted with  
½ cup water  
⅛ teaspoon pepper

Boil 2 minutes, stirring constantly. Serve with the ham . . . Serves 6.

## CUSTARD SAUCE

*Serve on plain cake, puddings or custards*

Mix together . . .  $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup sugar} \\ 2 \text{ teaspoons corn-} \\ \text{starch} \\ \frac{1}{8} \text{ teaspoon salt} \end{array} \right.$

Stir in.....  $\left\{ \begin{array}{l} 1\frac{1}{4} \text{ cups Pet Milk} \\ \text{diluted with} \\ \frac{3}{4} \text{ cup water} \end{array} \right.$

Cook for 20 minutes over boiling water, stirring occasionally. Remove from heat.

Stir into . . . . . { 3 beaten egg yolks

Return to heat and cook 2 minutes longer.  
Cool slightly.

Add..... { 1½ teaspoons vanilla

Serve warm or cold . . . Makes 2 cups, ample for 6.



## CREAMED OYSTERS

MELT in top of double boiler { 2 tablespoons butter  
Blend in . . . . . {  $\frac{1}{3}$  cup flour  
                                  {  $\frac{1}{2}$  teaspoon salt  
                                  {  $\frac{1}{4}$  teaspoon pepper  
Stir in slowly . . . . . {  $\frac{3}{4}$  cup liquid off  
                                  oysters or water  
Cook for 10 minutes, stirring frequently.  
Add . . . . . {  $2\frac{1}{2}$  cups drained  
                                  oysters\* (about  
                                   $1\frac{1}{2}$  pints)  
Cook until edges of the oysters begin to curl.  
Stir in . . . . . { 1 cup Pet Milk  
                                  4 teaspoons chopped  
                                  parsley (optional)

Heat thoroughly and serve at once on buttered, thin slices of toast . . . Serves 6.

\*2 cups flaked, cooked or canned salmon, tuna fish, lobster, crabmeat or shrimp may be substituted for the oysters. Stir in any of these fish along with the Pet Milk and heat thoroughly. This sauce will be very thick, but the oysters will thin it to the right consistency. Use fresh oysters just removed from their shells, those that are sold in bulk, canned oysters, or the frozen ones.

## BAKED CEREAL CUSTARD

HEAT in top of double boiler until hot and well blended . . . . . { 1 cup Pet Milk  
                                  diluted with  
                                   $\frac{1}{2}$  cup water  
                                  1 cup cooked, whole  
                                  wheat cereal  
                                  2 tablespoons butter  
Remove from heat.  
Stir into a mixture of . . . . . { 1 slightly beaten egg  
                                   $\frac{1}{2}$  cup sugar  
                                   $\frac{1}{4}$  teaspoon salt  
                                   $\frac{1}{8}$  teaspoon nutmeg  
Add . . . . . { 1 teaspoon vanilla

Strain into greased baking dish or custard cups and set in pan of hot water. Bake in moderate oven (375° F.) 45 minutes, or until knife inserted in the center comes out clean . . . Serves 6.

## CREAMED LIVER

REMOVE membrane and cut into half-inch slices . . . . . {  $\frac{1}{2}$  pound liver

Cover with boiling water and let stand for 5 minutes. Drain.

Broil or cook in hot frying pan for 5 minutes, turning frequently. Then chop fine.

Combine with . . . . . { 1 cup cooked or  
                                  canned vegetables,  
                                  finely chopped  
                                  1 cup White Sauce  
                                  (see index)

Heat thoroughly and serve on buttered, thin slices of toast . . . Serves 4.

## SALMON LOAF

Turn on oven and set at moderately slow (350° F.).

Grease a loaf pan measuring about 8 x 4 x 3 inches deep.

PUT in mixing bowl . . . . . { 2 cups flaked salmon,\*  
                                  freshly cooked or  
                                  canned  
                                  1 cup soft bread  
                                  crumbs  
                                  2 tablespoons finely  
                                  cut pimiento  
                                  (optional)  
                                  1 tablespoon finely  
                                  cut parsley  
                                   $\frac{1}{2}$  teaspoon salt  
                                   $\frac{1}{8}$  teaspoon pepper  
                                   $\frac{1}{4}$  teaspoon nutmeg  
                                   $\frac{1}{8}$  teaspoon cloves  
Add a mixture of . . . { 1 well-beaten egg  
                                  1 cup Pet Milk  
                                  2 tablespoons melted  
                                  butter or other  
                                  shortening

Mix well and put into prepared pan. Bake on oven shelf slightly below center for 50 minutes, or until firm. Turn out and serve . . . Serves 6.

\*Other fish, such as halibut, haddock, tuna fish, or fish flakes may be substituted for the salmon.



## CINNAMON CRISPS

Turn on oven and set at moderate (375° F.).

SIFT before measuring . . . . { 1½ cups all-purpose flour

Resift with . . . . . { 2 teaspoons baking powder  
                                { ½ teaspoon salt  
                                { 1 teaspoon cinnamon

Put in bowl. . . . . {  $\frac{1}{3}$  cup soft butter or  
other shortening

Add gradually, mixing until light and fluffy..... }  $\frac{3}{4}$  cup sugar

Add flour mixture {  
alternately with.... }  $\frac{1}{3}$  cup Pet Milk

Begin and end with flour mixture.

Turn out on a floured board. Roll to  $\frac{1}{8}$ -inch thickness. Cut with floured,  $2\frac{1}{2}$ -inch cookie cutter. Bake on a greased baking sheet on oven shelf slightly above center for 10 minutes, or until light brown . . . *Makes about 4 dozen.*

You will have perfect results with this recipe in any altitude up to 3,000 feet. If you live in a higher altitude, see inside front cover.

## UPSIDE-DOWN CARAMEL CUSTARDS

MELT in iron skillet or heavy saucepan until golden brown, stirring constantly. . . . . } ½ cup sugar

Pour into the bottom of 6 greased custard cups.

Mix together . . . . .

|                        |
|------------------------|
| 2 slightly beaten eggs |
| 1¼ cups Pet Milk       |
| <i>diluted with</i>    |
| ¾ cup water            |
| ¼ cup sugar            |
| ⅛ teaspoon salt        |
| ½ teaspoon vanilla     |

Strain into custard cups on top of caramel syrup. Set in pan of hot water. Bake in moderately slow oven (350° F.) 50 minutes, or until knife inserted in center comes out clean. Unmold while still warm. Serves 6.

## ORANGE CUSTARD

Mix together in saucepan . . .

|                             |
|-----------------------------|
| 3 tablespoons corn-         |
| starch                      |
| $\frac{3}{4}$ cup sugar     |
| $\frac{1}{4}$ teaspoon salt |

Stir in..... { 1½ cups Pet Milk

Cook over boiling water until mixture begins to thicken, stirring constantly.

Then add.....  $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups strained} \\ \text{orange juice} \\ 1 \text{ teaspoon grated} \\ \text{orange rind} \end{array} \right.$

Cook for 20 minutes, stirring occasionally.  
Remove from heat.

Stir into . . . . . { 1 beaten egg

Return to double boiler and cook for 2 minutes longer. Pour into wet molds. Chill . . . Serves 6.

## PRUNE WHIP

CHILL until icy cold . . . . . { ½ cup Pet Milk\*

Meanwhile, dissolve { 1 package lemon-flavored gelatin in  
2 cups boiling water

Chill until mixture begins to thicken.

Mix together . . . . . { 1½ cups stewed,  
                                      pitted prunes, cut  
                                      in pieces  
                                      2 tablespoons sugar

Stir into gelatin mixture.

Whip chilled milk vigorously with rotary egg beater, or electric beater at high speed, until stiff. Fold into prune mixture. Turn into mold and chill until firm, or pile into sherbet glasses . . . *Serves 8.*

\*See inside front cover for hints on whipping.

## VANILLA SAUCE

Mix together in saucepan . . .  $\left\{ \begin{array}{l} 1 \text{ cup sugar} \\ 2 \text{ tablespoons flour} \\ \frac{1}{4} \text{ teaspoon salt} \end{array} \right.$

Stir in slowly..... { 1 cup Pet Milk  
diluted with  
3/4 cup water

Boil slowly 2 minutes, stirring constantly.

Remove from heat and add . . . . . **1 tablespoon butter**  
**2 1/4 teaspoons vanilla**

Serve warm or cold . . . Serves 6.



## PASTEL CREAM

**D**ISSOLVE..... { 1 package lemon-flavored gelatin in  
2 cups boiling water

Stir into..... { 1 beaten egg yolk  
1/4 teaspoon lemon extract or 1 teaspoon grated lemon rind

Beat with rotary beater until well blended.

Add gradually, while beating..... { 1/2 cup Pet Milk

Fold in..... { 1 stiffly beaten egg white

Pour into an 8-inch mold or 6 individual molds which have been rinsed with cold water. Chill until firm. Unmold... Serves 6.

## VANILLA ICE CREAM

*Freeze in automatic refrigerator tray or mold*

**C**HILL until icy cold..... { 1 cup Pet Milk

Meanwhile, heat together..... { 16 marshmallows (1/4 lb.)  
1/2 cup Pet Milk  
1/2 cup water  
1/8 teaspoon salt

When marshmallows are melted, remove from heat and chill.

Add..... { 3 teaspoons vanilla

Whip chilled milk with rotary egg beater, or electric beater at high speed, until stiff. Fold into chilled marshmallow mixture. Freeze, without stirring, in automatic refrigerator tray at coldest temperature, or in a mold buried in a mixture of 3 parts crushed ice to 1 part ice cream salt... Serves 6.

## PRUNE NOG

**M**ix together... { 1/2 cup prune juice\*  
1 tablespoon lemon juice

Stir slowly into... { 1/2 cup Pet Milk diluted with  
1/4 cup water

Sweeten with..... { 1 tablespoon sugar

Shake thoroughly with..... { cracked ice

Makes 2 small servings.

\*The juice drained off cooked prunes or the canned juice may be used.

## BANANA ICE CREAM

*To be frozen in an ice cream freezer*

**M**ix together... { 2 cups Pet Milk  
1/2 cup sugar  
1/4 teaspoon salt  
2 teaspoons vanilla

Slice into bowl... { 2 large, ripe bananas, peeled

Beat with rotary beater until creamy. There should be 1 cup mashed banana. Stir mashed banana into milk mixture. Freeze in a hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When frozen, remove dasher, drain off excess water and pack in mixture of 3 parts crushed ice to 1 part ice cream salt. Let stand 1 1/2 to 2 hours to ripen and develop flavor... Serves 6.

## ORANGE MILK SHERBET

*To be frozen in an ice cream freezer*

**M**ix together... { 2 cups Pet Milk  
1 cup sugar  
1 tablespoon grated orange rind  
1/8 teaspoon salt

Stir in..... { 2 1/2 cups orange juice

Freeze in hand-turned or motor-driven ice cream freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. When frozen, remove dasher, drain off excess water and pack in mixture of 3 parts crushed ice to 1 part ice cream salt. Let stand 1 1/2 to 2 hours to ripen and develop flavor... Serves 6.

## PEANUT BUTTER SANDWICHES

**P**UT in mixing bowl..... { 6 tablespoons peanut butter  
1/2 teaspoon salt  
2 tablespoons sugar

Blend in gradually.. { 6 tablespoons Pet Milk

Stir in..... { 2 tablespoons lemon juice

Spread between... { 12 slices buttered bread, white or whole wheat

Makes 6 large, double sandwiches or 12 small, open-face sandwiches.

NOTE: Keep any remaining spread in a tightly covered jar in the refrigerator.



## WHIPPED PET MILK TOPPING

*Serve on desserts and beverages*

**S**OFTEN..... {  $\frac{1}{4}$  teaspoon plain unflavored gelatin in  
1 teaspoon cold water  
Scald over boiling water..... {  $\frac{1}{2}$  cup Pet Milk

Add gelatin and stir until dissolved. Pour into small china or enameled bowl and chill until icy cold. Then whip vigorously with rotary beater, or electric beater at high speed, until stiff.

Fold in..... { 1 tablespoon powdered sugar  
1 teaspoon vanilla

*Makes about  $1\frac{1}{2}$  cups, sufficient to serve 6.*

*To make this topping with saccharin, instead of sugar, add 1 saccharin tablet ( $\frac{1}{4}$  grain) to scalded milk. Stir until dissolved. Chill and whip as directed above omitting sugar.*

## APRICOT WHIP

**W**HIP with rotary beater until fluffy... { 1 cup chilled Pet Milk\*

Add..... { 2 tablespoons lemon juice

Continue whipping until stiff.

Then fold in mixture of..... { 1 cup apricot pulp  
 $\frac{1}{2}$  cup sugar

Pile in sherbet glasses and serve at once, or chill until needed... *Serves 6.*

\*See inside front cover for hints on whipping.

**NOTE:** To make 1 cup pulp, cook  $\frac{1}{2}$  lb. dried apricots in 2 cups water  $\frac{3}{4}$  hour. Then put through sieve, or use two  $4\frac{1}{2}$ -oz. cans pureed apricots, specifically prepared for babies, which hold  $\frac{1}{2}$  cup of puree each.

## VANILLA ICE CREAM

*to be frozen in an ice cream freezer*

**S**CALD a mixture of..... { 2 cups Pet Milk  
2 cups water  
1 cup sugar

Stir slowly into.... { 2 well-beaten eggs  
 $\frac{1}{8}$  teaspoon salt

Cool thoroughly, then add..... { 1 tablespoon vanilla

Freeze in a hand-turned or motor-driven freezer, using a mixture of 8 parts crushed ice to 1 part ice cream salt. Pack as directed for Banana Ice Cream on page 10... *Serves 6.*

## BANANA MILK SHAKE

**S**LICE into bowl... { 1 large, ripe banana

There should be  $\frac{1}{2}$  cup sliced banana.

Beat with rotary egg beater until creamy.

Add..... { 2 teaspoons sugar  
 $\frac{1}{2}$  teaspoon vanilla

Stir in..... {  $\frac{1}{2}$  cup chilled Pet Milk  
diluted with  
 $\frac{1}{3}$  cup cold water

Beat vigorously until well blended. Serve at once with cracked ice, if desired... *Serves 2.*

## PINEAPPLE FLIP

**M**IX together... {  $1\frac{1}{2}$  tablespoons lemon juice  
 $\frac{1}{3}$  cup pineapple juice  
1 tablespoon sugar

Stir slowly into.... {  $\frac{1}{2}$  cup Pet Milk  
diluted with  
 $\frac{1}{4}$  cup water

Shake thoroughly with..... { cracked ice

*Makes 2 small servings.*

## OATMEAL BREAD

**H**EAT to the boiling point..... {  $1\frac{1}{2}$  cups Pet Milk  
diluted with  
 $\frac{1}{2}$  cup water

Stir into..... { 2 cups rolled oats

Add..... {  $\frac{1}{3}$  cup light brown sugar, lightly packed  
 $1\frac{1}{2}$  teaspoons salt  
2 tablespoons shortening

Let mixture stand until lukewarm.

Add..... { 1 cake compressed yeast softened in  
 $\frac{1}{2}$  cup lukewarm water

Sift before measuring..... {  $4\frac{1}{2}$  cups all-purpose flour

Add enough flour to yeast mixture to make a dough that can be handled. Turn out onto a floured board and knead until smooth and elastic. Let rise until doubled in bulk. Knead again. Shape into loaves, place into greased loaf pans and let rise until doubled in bulk. Bake in a moderately hot oven ( $375^{\circ}$  F.) on shelf slightly below center for 55 minutes, or until bread shrinks from sides of pan... *Makes 2 loaves.*



## ORANGE BOUNTY

**M**ix well..... {  $\frac{1}{4}$  cup Pet Milk  
1 well-beaten egg  
yolk  
1 tablespoon sugar  
few grains salt  
Stir in..... {  $\frac{3}{4}$  cup orange juice  
Serve with..... { cracked ice  
*Makes 1 large serving.*

## FRENCH TOAST

**M**ix..... { 1 well-beaten egg  
 $\frac{3}{4}$  teaspoon salt  
3 tablespoons sugar  
 $1\frac{1}{4}$  cups Pet Milk  
diluted with  
 $\frac{1}{2}$  cup water  
Cut crusts from.... { 12 slices dry bread  
Soak bread in mixture. Brown on both sides  
on a hot, slightly greased griddle. Serve with  
syrup, jelly or honey... *Serves 6.*

## SPONGE CAKE

Turn on oven and set at moderately slow  
(350° F.).  
Grease a round pan measuring about  $8\frac{1}{2}$   
inches across x  $3\frac{1}{2}$  inches deep.

**S**ift before {  $1\frac{1}{2}$  cups cake flour  
measuring..... {  $1\frac{1}{2}$  teaspoons baking  
Resift with..... { powder  
Heat slowly to boil- { 6 tablespoons Pet Milk  
ing point..... { diluted with  
6 tablespoons water  
 $1\frac{1}{2}$  tablespoons butter  
or other shortening.

Meanwhile, beat { 3 eggs  
with rotary egg beat-  
er until very light  
and lemon colored

Add, while continu- {  $1\frac{1}{4}$  cups sugar  
ing to beat..... {  $\frac{1}{4}$  teaspoon salt  
 $1\frac{1}{2}$  teaspoons vanilla

Beat in hot milk mixture gradually.

Add flour mixture, all at once, beating quickly  
but thoroughly.

Pour into prepared pan. Bake on oven shelf  
slightly below center for 50 minutes, or until  
cake is firm to the touch. Let cake stand in  
pan for 15 minutes, then turn out.

*You will have perfect results with this recipe  
in any altitude up to 3,000 feet. If you live in  
a higher altitude, see inside front cover.*

## PLAIN LOAF CAKE

Turn on oven and set at moderately slow  
(350° F.).  
Grease thoroughly a loaf pan about 8 x 4 x 3  
inches deep.

**S**ift before { 2 cups cake flour  
measuring..... { 3 teaspoons baking  
Resift with..... { powder  
 $\frac{1}{8}$  teaspoon salt  
Put in mixing bowl {  $\frac{1}{2}$  cup soft butter or  
other shortening

Add gradually, mix- { 1 cup sugar  
ing until light and  
fluffy..... { Beat in vigorously.. { 2 well-beaten eggs  
Add flour mixture {  $\frac{3}{4}$  cup Pet Milk  
alternately with { 1 teaspoon vanilla  
mixture of..... {

Begin and end with flour mixture. Beat until  
smooth after each addition. Pour batter into  
greased pan and bake on center shelf of oven  
for 1 hour, or until cake shrinks from sides  
of pan. Let cake stand in pan 5 minutes be-  
fore turning out.

### For Plain Layer Cake:

Pour batter into 2 greased, 8-inch layer pans.  
Bake in moderate oven (375° F.) for 20  
minutes, or until cakes shrink from sides of  
pans.

### For Plain Cup Cakes:

Pour batter into  $1\frac{1}{2}$  dozen 2-inch muffin tins  
which have been greased, filling  $\frac{2}{3}$  full. Bake  
as for Plain Layer Cake.

NOTE: Cakes may be spread with Uncooked  
Frosting (See Index) when thoroughly cool.  
*You will have perfect results with this recipe in  
any altitude up to 3,000 feet. If you live in a  
higher altitude, see inside front cover.*

## UNCOOKED FROSTING

**P**UT into bowl... { 2 tablespoons soft  
butter  
Blend in gradually { 3 cups powdered sugar  
with back of spoon { (about 1 lb.)  
Stir in slowly until {  $4\frac{1}{2}$  tablespoons Pet  
mixture will hold its { Milk  
shape..... { Add..... {  $1\frac{1}{2}$  teaspoons vanilla

Beat until smooth and creamy. Makes suf-  
ficient to spread on top and sides of Plain  
Loaf Cake, on tops of Plain Cup Cakes or  
between layers and on top and sides of Plain  
Layer Cake (See Index).



## HIGH CALORIC RECIPES

NOTE: Lactose is milk sugar which is sold commercially in a fine powdered form. You may obtain it at most drug stores.

### EGG NOG

About 304 calories per serving

Mix together in saucepan... { 1 tablespoon sugar  
few grains salt  
4 tablespoons lactose

Stir in... { 1/2 cup water

Heat to the boiling point, stirring constantly until lactose is dissolved. Remove from heat.

Add... { 1/2 cup Pet Milk

Stir into... { 1 beaten egg yolk  
1 teaspoon vanilla

Just before serving, fold in... { 1 stiffly beaten egg white

Sprinkle top with... { few grains nutmeg

Serve very cold... Makes 1 large serving.

### SPICED MILK

About 268 calories per serving

Mix together... { 1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1 teaspoon sugar  
few grains salt

Heat to the boiling point... { 2/3 cup water

Add and stir until dissolved... { 1/2 cup lactose

Remove from heat.

Stir in... { 1 1/3 cups Pet Milk

Add spice mixture and stir or shake until well blended. Serve as a beverage or on cereals... Serves 3.

### PRUNE NOG

About 250 calories per serving

Mix together... { 1/2 cup prune juice  
1 teaspoon lemon juice

Heat to the boiling point... { 1/4 cup cold water

Add and stir until dissolved... { 1/2 cup lactose

Remove from heat.

Add... { 1/2 cup cold Pet Milk

Stir in prune juice mixture... Serves 2.

### APRICOT WHIP

About 300 calories per serving

Heat to the boiling point... { 1/2 cup apricot pulp  
2 tablespoons sugar

Add and stir until dissolved... { 3/4 cup lactose

Chill.

Whip with rotary egg beater until fluffy { 1/2 cup chilled Pet Milk\*

Add... { 1 tablespoon lemon juice

Continue whipping until stiff. Fold in chilled apricot mixture. Pile in sherbet glasses; serve at once, or chill until needed... Serves 3.

\*See inside front cover for hints on whipping.

NOTE: To make 1/2 cup pulp, cook 1/4 pound dried apricots in 1 cup water for 1/2 hour, or until tender. Rub through a sieve.

### CUSTARD SAUCE

About 238 calories per serving

Put in saucepan { 3/4 cup lactose  
few grains salt

Stir in... { 2/3 cup Pet Milk diluted with  
1/3 cup water

Heat to the boiling point.

Then stir into... { 2 slightly beaten egg yolks

Cook over boiling water until thickened, stirring constantly. Cool slightly.

Add... { few drops vanilla

Serve warm or cold on Sponge Cake, Orange Custard or Pastel Cream (See Index)... Serves 3.

### TOMATO SOUP

About 200 calories per serving

Put in saucepan { 2 tablespoons lactose

Stir in... { 6 tablespoons condensed tomato soup  
7 tablespoons Pet Milk

Heat, but do not boil, stirring constantly.

Add... { few grains salt

Serve at once... Makes 1 serving.

NOTE: There will be enough tomato soup remaining from a 10 1/2-ounce can to make two more servings. Keep this soup in a covered jar in the refrigerator, and use as needed.

(High caloric recipes continued next page)



## High Caloric Recipes, continued

### PEA SOUP

About 300 calories per serving

MELT in sauce-  
pan..... { 3 tablespoons butter

Blend in..... { 2 tablespoons flour  
                          {  $\frac{1}{8}$  teaspoon salt

Stir in slowly..... {  $\frac{2}{3}$  cup Pet Milk  
                                  diluted with  
                                   $\frac{1}{2}$  cup water

Cook over boiling water 5 minutes, stirring constantly.

Add..... { 5 tablespoons lactose  
                          { 1 cup pea puree

Heat thoroughly. Beat 1 minute with rotary egg beater to dissolve lactose. Serve at once. ... Serves 3.

NOTE: To make puree, press  $1\frac{1}{2}$  cups freshly cooked or canned peas through fine sieve, or use pureed peas in  $4\frac{1}{2}$ -oz. cans which hold  $\frac{1}{2}$  cup puree. Green beans, carrots, spinach, etc. may be used in place of the peas.

### CUSTARD

About 385 calories per serving

PUT in mixing  
bowl..... {  $\frac{7}{8}$  cup lactose

Stir in gradually... { 1 cup Pet Milk

Stir until mixture is free from lumps.

Then stir into..... { 3 slightly beaten eggs

Pour into 3 custard cups. Set in pan of hot water. Bake in a slow oven ( $325^{\circ}$  F.) 45 minutes, or until a knife inserted into the center comes out clean ... Serves 3.

### COCOA

About 328 calories per serving

MIX together in { 2 tablespoons cocoa  
saucepan... { 1 teaspoon sugar  
                          { 7 tablespoons lactose  
                                  few grains salt

Stir in gradually... { 3 tablespoons water

Mix until smooth and free from lumps. Cook until mixture comes to a boil.

Add..... { 2 cups Pet Milk

Heat until foamy.

Add..... {  $\frac{1}{8}$  teaspoon vanilla

Beat 1 minute with rotary egg beater and serve at once ... Serves 3.

## THE

# Saturday Night Serenade

☆ ☆ STARRING ☆ ☆

JESSICA DRAGONETTE • BILL PERRY

THE SERENADERS

GUS HAENSCHEN'S ORCHESTRA

—thrilling voices—stirring music

Is presented by Pet Milk Company  
every Saturday night from coast to coast  
over the Columbia Broadcasting System.

NOTE: Time shown is standard time. During daylight saving time period consult your local newspaper for correct station time.

|                             |                              |
|-----------------------------|------------------------------|
| Atlanta.....WGST, 9:45 pm   | Montgomery.WCOV, 8:45 pm     |
| Baltimore...WCAO, 9:45 pm   | Nashville...WLAC, 8:45 pm    |
| Birmingham..WAPI, 8:45 pm   | New Orleans..WWL, 8:45 pm    |
| Boston.....WEEI, 9:45 pm    | New York....WABC, 9:45 pm    |
| Buffalo.....WKBW, 9:45 pm   | Okla. City..KOMA, 8:45 pm    |
| Charlotte.....WBT, 9:45 pm  | Orlando....WDBO, 9:45 pm     |
| Chattanooga.WDOD, 8:45 pm   | Peoria.....WMBD, 8:45 pm     |
| Chicago.....WBBM, 8:45 pm   | Philadelphia.WCAU, 9:45 pm   |
| Cleveland...WGAR, 9:45 pm   | Pittsburgh...WJAS, 9:45 pm   |
| Colo. Springs.KVOR, 7:45 pm | Portland.....KOIN, 6:45 pm   |
| Columbus, O..WBNS, 9:45 pm  | Richmond...WRVA, 9:45 pm     |
| Dallas.....KRLD, 8:45 pm    | Roanoke....WDBJ, 9:45 pm     |
| Denver.....KLZ, 7:45 pm     | Rochester...WHEC, 9:45 pm    |
| Detroit.....WJR, 9:45 pm    | St. Augustine.WFOY, 9:45 pm  |
| Fresno.....KARM, 6:45 pm    | St. Louis...KMOX, 8:45 pm    |
| Greensboro...WBIG, 9:45 pm  | San Antonio..KTSA, 8:45 pm   |
| Houston.....KTRH, 8:45 pm   | San Francisco..KQW, 6:45 pm  |
| Indianapolis..WFBM, 8:45 pm | Savannah...WTOC, 9:45 pm     |
| Jacksonville..WMBR, 9:45 pm | Seattle.....KIRO, 6:45 pm    |
| Kalamazoo...WKZO, 9:45 pm   | Shreveport...KWKH, 8:45 pm   |
| Kansas City...KMBC, 8:45 pm | Spokane.....KFPY, 6:45 pm    |
| Knoxville...WNOX, 8:45 pm   | Syracuse....WFB, 9:45 pm     |
| Lincoln.....KFAB, 8:45 pm   | Tampa.....WDAE, 9:45 pm      |
| Little Rock...KLRA, 8:45 pm | Tulsa.....KTUL, 8:45 pm      |
| Los Angeles...KNX, 6:45 pm  | Washington...WJSV, 9:45 pm   |
| Louisville...WHAS, 8:45 pm  | W. Palm Beach.WJNO, 9:45 pm  |
| Memphis....WREC, 8:45 pm    | Wheeling....WKWK, 9:45 pm    |
| Miami.....WQAM, 9:45 pm     | Wichita.....KFH, 8:45 pm     |
|                             | Wichita Falls..KWFT, 8:45 pm |
|                             | Youngstown..WKBN, 9:45 pm    |



HEAR

# Mary Lee Taylor

## RADIO DEMONSTRATIONS

—of delicious food that is more wholesome and at the same time costs less because it is made with Irradiated Pet Milk.

**Broadcast from the  
Pet Milk Experimental Kitchen  
Every Tuesday and Thursday Morning  
C. B. S. and Additional Stations**

NOTE: Time shown is standard time. During daylight saving time period consult your local newspaper for correct station time.

|                                        |                                       |
|----------------------------------------|---------------------------------------|
| Akron . . . . . WADC, 11 am            | Meridian . . . . . WCOC, 10 am        |
| Alamosa . . . . . KGIW, 10:30 am       | Miami . . . . . WQAM, 11 am           |
| Albany, Ga. . . . . WGPC, 11 am        | Milwaukee . . . . . WISN, 10 am       |
| Albany, N.Y. . . . . WOKO, 11 am       | Mobile . . . . . WALA, 10 am          |
| Albuquerque . . . . . KOB, 10:15 am    | Montgomery . . . . . WCOV, 10 am      |
| Altoona . . . . . WFBG, 10:45 am       | Nashville . . . . . WLAC, 10 am       |
| Atlanta . . . . . WGST, 11 am          | New Orleans . . . . . WWL, 10 am      |
| Augusta, Ga. . . . . WRDW, 11 am       | New York . . . . . WABC, 11 am        |
| Baltimore . . . . . WCAO, 11 am        | Norfolk . . . . . WTAR, 9:45 am       |
| Birmingham . . . . . WAPI, 10 am       | Okla. City . . . . . KOMA, 10 am      |
| Bluefield . . . . . WHIS, 10 am        | Omaha . . . . . KOIL, 10 am           |
| Boston . . . . . WEEI, 11 am           | Orlando . . . . . WDBO, 11 am         |
| Buffalo . . . . . WKBW, 11 am          | Pensacola . . . . . WCOA, 9:45 am     |
| Charleston, S.C. . . . . WCSC, 11 am   | Peoria . . . . . WMBD, 10 am          |
| Charleston, W. Va. . . . . WCHS, 11 am | Philadelphia . . . . . WCAU, 11 am    |
| Charlotte . . . . . WBT, 11 am         | Phoenix . . . . . KTAR, 10 am         |
| Chattanooga . . . . . WDOD, 10 am      | Ptsbrg., Kans. . . . . KOAM, 10:15 am |
| Chicago . . . . . WBBM, 10 am          | Pittsburgh, Pa. . . . . WJAS, 11 am   |
| Cleveland . . . . . WGAR, 11 am        | Portland . . . . . KOIN, 10:45 am     |
| Colo. Springs . . . . . KVOR, 9 am     | Providence . . . . . WPRO, 11 am      |
| Columbia . . . . . WIS, 10:30 am       | Raleigh . . . . . WPTF, 9:15 am       |
| Columbus, Ga. . . . . WRBL, 11 am      | Richmond . . . . . WRVA, 11 am        |
| Columbus, Ohio . . . . . WBNS, 11 am   | Roanoke . . . . . WDBJ, 11 am         |
| Dallas . . . . . KRLD, 10 am           | Rochester . . . . . WHEC, 11 am       |
| Dayton . . . . . WHIO, 11 am           | Safford . . . . . KGLU, 10 am         |
| Denver . . . . . KLZ, 9 am             | St. Augustine . . . . . WFOY, 11 am   |
| Des Moines . . . . . KRNT, 10 am       | St. Louis . . . . . KMOX, 10 am       |
| Detroit . . . . . WJR, 11 am           | San Antonio . . . . . KTSA, 10 am     |
| Evansville . . . . . WEOA, 10 am       | San Francisco . . . . . KQW, 10:45 am |
| Florence, S.C. . . . . WOLS, 10:30 am  | Savannah . . . . . WTOG, 11 am        |
| Ft. Smith . . . . . KFPW, 10 am        | Scottsbluff . . . . . KGKY, 10:15 am  |
| Fresno . . . . . KARM, 10:45 am        | Scranton . . . . . WGBI, 11 am        |
| Gainesville . . . . . WRUF, 9:45 am    | Seattle . . . . . KIRO, 10:45 am      |
| Grand Junction . . . . . KFXJ, 10 am   | Shreveport . . . . . KWKH, 10 am      |
| Greensboro . . . . . WBIG, 11 am       | Spokane . . . . . KFPY, 10:45 am      |
| Greenville . . . . . WFBC, 10:45 am    | Spr'f'd, Mass. . . . . WMAS, 11 am    |
| Hartford . . . . . WDRC, 11 am         | Spr'f'd, Mo. . . . . KWTO, 10:30 am   |
| Houston . . . . . KTRH, 10 am          | Syracuse . . . . . WFBL, 11 am        |
| Huntington . . . . . WSAZ, 10:15 am    | Tampa . . . . . WDAE, 11 am           |
| Indianapolis . . . . . WFBM, 10 am     | Terre Haute . . . . . WBOW, 10 am     |
| Ithaca . . . . . WHCU, 11 am           | Tucson . . . . . KVOA, 10 am          |
| Jackson . . . . . WJDX, 10:45 am       | Tulsa . . . . . KTUL, 10 am           |
| Jacksonville . . . . . WMBR, 11 am     | Washington . . . . . WJSV, 11 am      |
| Kalamazoo . . . . . WKZO, 11 am        | Weslaco . . . . . KRGV, 10 am         |
| Kansas City . . . . . KMBC, 10 am      | W. Palm Beach . . . . . WJNO, 11 am   |
| Knoxville . . . . . WNOX, 10 am        | Wheeling . . . . . WWVA, 11 am        |
| Little Rock . . . . . KLRA, 10 am      | Wichita . . . . . KFHF, 10 am         |
| Los Angeles . . . . . KNX, 10:45 am    | Wichita Falls . . . . . KWFT, 10 am   |
| Louisville . . . . . WHAS, 10 am       | Wilkes-Barre . . . . . WBRE, 10:15 am |
| Macon . . . . . WMAZ, 11 am            | Youngstown . . . . . WKBN, 11 am      |
| Memphis . . . . . WREC, 10 am          | Yuma . . . . . KYUM, 10 am            |

## • Send for these VALUABLE BOOKS

A 32-page cookbook, photographically illustrated throughout in realistic color photographs, containing a collection of seasonable, tested recipes—will be sent for one Pet Milk label. The delicious soups and meats, the creamy creamed vegetables and the rich tasting but not “rich” desserts, which can be made from these recipes, contain not only an extra amount of valuable whole milk solids, but include also an extra supply of the priceless vitamin D which all Irradiated Pet Milk provides.

The Pet Milk baby book, “Your Baby,” is a 64-page book illustrated with color photographs and filled with reliable, practical information about the care of a baby. The latest methods of training a baby in good habits are clearly explained. Included, too, are tested recipes created especially for babies’ first solid foods and for dishes suitable for young children and which grown people will also like. This helpful book also explains why Irradiated Pet Milk is as safe as if there were no disease germs in the world—why it is so much more easily digested than ordinary milk—why the vitamin D which Pet Milk supplies is so important in the development of babies’ and children’s teeth and bones. *No Pet Milk label required for baby book.* Address Pet Milk Company, 1405 Arcade Building, St. Louis, Missouri.





